

MAR 15 1979

PRENATAL NUTRITION REVIEW

Scoring Code

- Column A** Indicates food choices from Canada's Food Guide. Represents cooked food unless otherwise specified.
- Column B** Indicates foods high in calories but low in other nutrients.
- Column C** Record day's food intake.
- Column D** Calorie values listed are average.
To calculate caloric intake - multiply the number of servings in Column C by each corresponding figure in Column D.
Total calories (actual intake) should be similar to recommended calories. Recommended calories should be at least 36 calories per kilogram (16 calories/pound) of body weight otherwise protein may be utilized for energy.
Calorie intake from Other Foods and Beverages (sub-total 2) should not be more than 25% of total calorie intake otherwise nutrient intake may be low.
- Column E** Protein intake is calculated by multiplying the number of servings in Column C by each corresponding figure in Column E.
Compare actual intake to the recommended intake of 65 grams.
Protein intake should be derived from milk products, meat and alternates, and bread and cereals, not just one food group.
- Column F** Calcium intake is calculated by multiplying the number of servings in Column C by each corresponding figure in Column F.
Compare actual intake to the recommended intake of 1200 mg.
Canada's Food Guide recommends 3 - 4 servings of milk products during pregnancy. In order to insure an adequate intake of 1200 mg. 4 servings daily is recommended.
- Column G** Iron intake is calculated by multiplying the number of servings in Column C by each corresponding figure in Column G.
Compare actual intake to the recommended intake of 15 mg.
Best sources of iron include organ meats, beef, pork, whole grain products and dark green vegetables.
The iron used in enriching cereals may not be as available to the body as the amount shown on the label implies.
- Column H** Vitamin D enriched milks and margarines are the main source of this vitamin in the diet.
- Column I** Compare the number of servings eaten in Column C to the recommended servings from Canada's Food Guide. It is important to include the recommended servings each day.

	A	C	D	E
	SERVING & SIZES	NUMBER OF SERVINGS EATEN	CALORIES	
MILK	Cheese - 1½ Slices or 1½ oz		X 174 =	X
	Milk Whole — 1 cup		X 160 =	X
	Milk 2% — 1 cup		X 123 =	X
	Milk Skim — 1 cup		X 90 =	X
	Yoghurt, Sweetened or Pudding — 1 cup		X 226 =	X
	Cottage Cheese — 1 cup		X 240 =	X
	Ice Cream — 1 cup		X 255 =	X
	Milk Soup — 1 cup		X 180 =	X
MEATS	Beef or Pork — 2 oz		X 160 =	X
	Organ Meats — 2 oz		X 140 =	X
	Fish, Egg or Poultry — 2 oz		X 160 =	X
	Dried, Cooked — Peas, Beans — 1 cup		X 260 =	X
	Peanut Butter — 4 tbsp		X 380 =	X
	Nuts or Seeds — ½ cup		X 411 =	X
BREADS & CEREALS	Bread, 1 Slice Whole Grain		X 72 =	X
	Enriched		X 82 =	X
	Cereal ¾ cup Whole Grain		X 100 =	X
	Enriched		X 80 =	X
	Pasta or Rice, Cooked — ½ cup		X 75 =	X
VEGETABLES & FRUITS	Vegetables Raw — 1 cup		X 40 =	X
	Cooked — ½ cup		X 40 =	X
	Dark Green — ½ cup		X 40 =	X
	Fruits Raw — 1 medium		X 70 =	X
	Cooked — ½ cup		X 100 =	X
	Juice — ½ cup		X 60 =	X
	B OTHER FOODS & BEVERAGES	SUBTOTAL 1		
CALORIES ONLY	Butter, Margarine, Oil — 1 tsp		X 35 =	X
	Fried Food — 1 serving		X 100 =	X
	Gravy, Sauces — 4 tbsp		X 100 =	X
	Sugar, Jam, Jelly etc — 1 tsp		X 15 =	X
	Cookies — 1		X 50 =	X
	Doughnut — 1		X 125 =	X
	Pastry or Cake — 1 serving		X 250 =	X
	Pie — 1/6 of pie		X 380 =	X
	Gelatin Flavoured — ½ cup		X 80 =	X
	Cheesies, Chips — 1 cup		X 160 =	X
	Chocolate Bar — 1		X 130 =	X
	Soft Drink — 12 oz		X 120 =	X
	Beer — 12 oz		X 150 =	X
	Alcohol — 1½ oz., Wine 4 - 6 oz.		X 105 =	X
		SUBTOTAL 2		

PROTEIN (GRAMS)		F	I
ACTUAL SCORE	RECOM. SCORE	CALCIUM (1200 mg per day)	RECOM. SERVINGS FROM CANADA'S FOOD GUIDE
K 10 =		X 316	4
K 9 =		X 288	
K 9 =		X 294	
K 9 =		X 298	
K 10 =		X 306	
K 31 =		X 212	
K 6 =		X 194	
K 7 =	28	X 172	2
K 14 =		X 3.0 ^G IRON	
K 14 =		X 6.0	
K 14 =		X 1.4	
K 16 =		X 4.5	
K 16 =		X 1.2	
K 18 =	28	X 1.5	
K 3 =		X .7	5
K 2 =		X .5	
K 3 =		X 1	
K 2 =		X 4	
K 2 =	6	X .7	
K 1 =			5
K 1 =			
K 2 =		X 1.5	
K 1 =		Total Iron	
K 1 =		(15 mg. per day)	
K 1 =	3		INCLUDE AT LEAST 2 SERVINGS OF VEGETABLES
TOTAL	65		

VITAMIN D (200 IU per day) Milk 1 cup or Margarine 1 Tbsp = 80 IU

WORK AREA

TOTAL CALORIES (Subtotals 1 + 2)



Recommended Calories

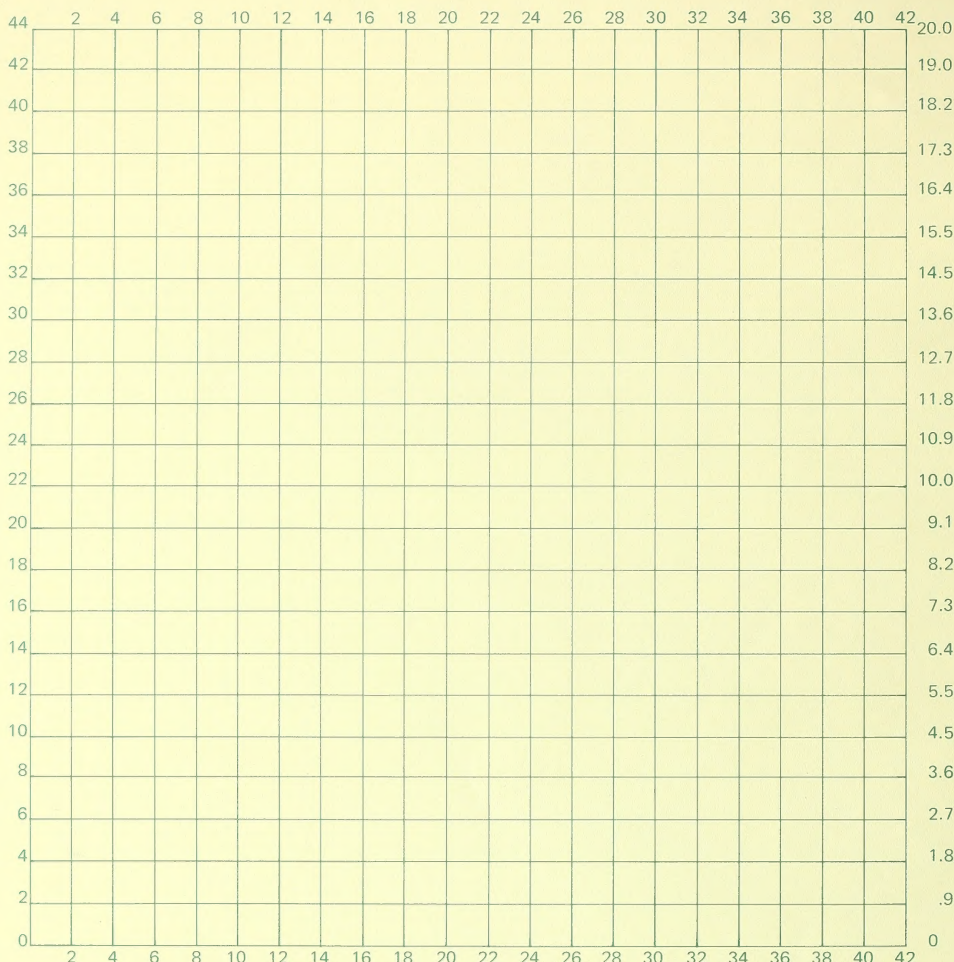
(Present Weight in KG x 36 or
Present Weight in LBS x 16)

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PREGNANCY WEIGHT CHART

PREGNANCY WEEKS

WEIGHT IN
POUNDS



WEIGHT IN
KILOGRAMS

NAME

DATE

DAY

MO

YR

HEIGHT

FT

IN

IMMEDIATE

PREPREGNANCY _____ KG

WEIGHT _____ LBS

PREGNANCY ORDER

☐ 1st

☐ 2nd

☐ 3rd

☐ _____

VITAMIN/MINERAL SUPPLEMENT

☐ YES

☐ NO

KIND

WHAT NUTRITION ADVICE HAS YOUR DOCTOR GIVEN YOU?

Tips On Scoring

1 cup chocolate milk

1 fried chicken leg

1 cup of tuna noodle casserole

1 cup fried potatoes

1 cup chicken noodle soup

1 cup canned vegetable soup

1 slice pizza (1/8 of 12" pizza)

Hamburger

Score 1 serving of whole milk and 2 servings of sugar.

Score 1 serving of chicken and 1 serving of fried food.

Score ½ serving of fish, 1 serving of pasta and 1 serving of sauce.

Score 2 servings of cooked vegetables and 1 serving of fried food.

Score ½ serving of pasta.

Score ¼ serving of cooked vegetables and 1 serving of enriched bread.

Score ½ serving of milk soup and 1 serving of enriched bread.

Score 1 & ½ servings enriched bread, 1 serving of beef, and 1 serving of fried food.